

## Unit 14

### Prevention of Pressure Ulcers

#### Terminology

1. **Debride** - remove dead or unhealthy tissue.
2. **Eschar** - dark, hardened, dead tissue.
3. **Friction** - the rubbing of one surface against another.
4. **Necrosis** - tissue death.
5. **Pressure ulcer** - an area where the skin and underlying tissues are eroded due to pressure that interferes with circulation.
6. **Shearing** - takes place when the skin moves one way while the bone and tissue under the skin move another way.